

Halibut Tacos with Creamy Corn and Tomato Slaw

Makes 6 tacos

Courtesy of Whole Foods Markets (www.wholefoodsmarket.com)

Ingredients

3/4 pound boneless, skin-on halibut fillet, halved crosswise

2 teaspoons canola oil or extra virgin olive oil

1/4 teaspoon salt

1/4 teaspoon ground black pepper

4 cups shredded green cabbage

3/4 cup chopped fresh tomatoes

2 tablespoons mayonnaise

2 tablespoons lime juice

2 ears corn, kernels removed

6 whole wheat tortillas, warmed

1/3 cup mild salsa

Method

Brush halibut all over with oil; season with salt and pepper. Cook in a large skillet (or on the grill) over medium heat, flipping once, until golden brown and cooked through, about 10 minutes. Meanwhile, in a large bowl, toss together cabbage, tomatoes, mayonnaise, lime juice and corn to make a slaw. Remove and discard skin from halibut and then flake into bite-size pieces. Fill tortillas with slaw and fish. Serve with salsa.